We claim:

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1. Matrix metalloproteinase inhibitors having the general formula:

wherein r is 0-2, T is selected from the group consisting of:

and R^{40} is selected from the group consisting of

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and -CH₂OCH₂OCH₂Ph.

- 2. A composition having matrix metalloprotease inhibitory activity, comprising a compound of claim 1 and a pharmaceutically acceptable carrier.
- 3. A method of inhibiting matrix metalloprotease activity in a mammal comprising administration of an effective amount matrix metalloprotease inhibitor compound of claim 1 to said mammal.
- 4. The method of claim 3 wherein said mammal is a human.
- 5. A method of treating a mammal comprising administering to the mammal a matrix metalloprotease inhibiting amount of a compound according to claim 1 sufficient to:
 - (a) alleviate the effects of osteoarthritis, rheumatoid arthritis, septic arthritis, periodontal disease, corneal ulceration, proteinuria, aneurysmal aortic disease, dystrophobic epidermolysis, bullosa, conditions leading to inflammatory responses, osteopenias mediated by MMP activity, tempero mandibular joint disease, demyelating diseases of the nervous system;
 - (b) retard tumor metastasis or degenerative cartilage loss following traumatic joint injury;
 - (c) reduce coronary thrombosis from athrosclerotic plaque rupture; or
 - (d) effect birth control.
- 20 6. The method of claim 5 wherein the effect is alleviation of osteoarthritis.

7. The method of claim 5 wherein the effect is retardation of tumor metastasis.